

**Please delete the present Abstract of the Disclosure.**

**Please add the following new Abstract of the Disclosure:**

A pole handle (10) provided with a hand retaining device (11) in the form of a toggle strap or a glove which can become detachably engaged with the pole handle (10) by means of a connecting element (64) disposed on the hand retaining device (11). A second connecting element (46) which cooperates with the first connecting element (64) is provided in a recess (26) of the pole handle and can be moved by means of an actuating member (41), which is accessible in the handle head region. In order to ensure a simpler and more ergonomic detachable fixing of the hand retaining device, access to the pole handle recess (26) is provided by means of a longitudinal slit (31) which extends from above to below the area of movement of the second connecting element (46), and parallel or inclined in relation to the longitudinal pole handle axis (17).